



NUTRITIONAL VALUES SMOOTHIES

NUTTY COCOA

Macadamia Nut Butter, Coconut, Cacao, Chia seeds, Banana, GF Almond Milk, Dates

Allergens: Nuts

Calories: 430kcal, Protein: 8g, Carbs: 50, Fat: 26g

BLUEBERRY OATS

Blueberries, Banana, GF Oats, Honey, GF Oat Milk

Allergens: Nuts

Calories: 338kcal, Protein: 8g, Carbs: 68g, Fat: 7g

STRAWBERRY BANANA

Strawberries, Banana, GF Oat Milk

Allergens: Nuts

Calories: 266kcal, Protein: 4g, Carbs: 56g, Fat: 4g

MANGO PINEAPPLE

Mango, Pineapple, Banana, GF Oat Milk

Allergens: Nuts

Calories: 240kcal, Protein: 4g, Carbs: 53g, Fat: 4g

CHERRY BEET

Cherries, Beet, Banana, GF Oat Milk

Allergens: Nuts

Calories: 270kcal, Protein: 5g, Carbs: 54g, Fat: 4g

DAILY GREENS

Kale, Spinach, Celery, Mango, Pineapple, Apple Juice, Water

Calories: 200kcal, Protein: 1.5g, Carbs: 30g, Fat: 0.5g



NUTRITIONAL VALUES

FOOD

TERIYAKI STEAK LUNCH BOWL

Beef Strips, Brown Rice, Carrots, Red Cabbage, Spring Onion, Egg, Sesame Seeds

Allergens: Gluten, Dairy, Eggs

Calories: 551.4kcal, Protein: 38.7g, Carbs: 41.6g, Fat: 24.4g

CHICKEN MAYO SOURDOUGH SANDWICH

Sourdough, Butter, Chicken Fillet, Mayonnaise, Pickled Dill Cucumber, Baby Spinach, Lemon Juice, Himalayan Salt, Black Pepper

Allergens: Gluten, Dairy, Eggs

Calories: 407kcal, Protein: 37.2g, Carbs: 32.2g, Fat: 15.2g

HAM AND CHEESE SOURDOUGH SANDWICH

Sourdough, Butter, Cheddar Cheese, Gypsy Ham, Low Fat Mayonnaise

Allergens: Gluten, Dairy, Eggs

Calories: 340kcal, Protein: 31.1g, Carbs: 54.6g, Fat: 0.6g

EGG SNACK POT

Eggs, Tomato Relish, Cheese

Allergens: Eggs, dairy

Calories: 270kcal, Protein: 72g, Carbs: 3g, Fat: 20g



NUTRITIONAL VALUES

SNACKS

BILTONG & PEPPADEW QUICHE

Free Range Eggs, Cream, Full Cream Dairy Milk, Cheddar cheese, Lean Biltong, Peppadews, GF Flour, Cream Cheese, Butter

Allergens: Eggs, Dairy

Calories: 182kcal, Protein: 8g, Carbs: 3.4g, Fibre: 0.2g, Sodium: 293mg, Fat: 15.5g

SPINACH & FETA QUICHE

Free Range Eggs, Cream, Full Cream Dairy Milk, Feta Cheese, Fresh Spinach, Fresh Onion (fried), Whole Wheat Flour, Cream Cheese, Butter

Allergens: Eggs, Dairy, Gluten

Calories: 166kcal, Protein: 4.4g, Carbs: 3.4g, Fibre: 0.5g, Sodium: 162mg, Fat: 14.3g

BACON & SPINACH BREW-TATA

Free Range Eggs, Low Fat Cottage Cheese, Lean Bacon, Spinach, Onion

Allergens: Dairy, Eggs

Calories: 90kcal, Protein: 8.5g, Carbs: 1.2g, Fibre: 0.25g, Sodium: 195mg, Fat: 6g

VEG BREW-TATA

Free Range Eggs, Low Fat Cottage Cheese, Cheddar Cheese, Spinach, Baby Marrow, Yellow Pepper, Peppadews, Onion

Allergens: Dairy, Eggs

Calories: 85kcal, Protein: 8.2g, Carbs: 1.8g, Fibre: 0.6g, Sodium: 145mg, Fat: 5.2g

PROTEIN BAR

GF Oats, Protein Powder (pea & hemp), Cacao, Peanut Butter, Dates, MTC Oil, Himalayan Salt, Almond Milk, Sugar Free Dark Chocolate, Coconut Oil

Allergens: Nuts, Dairy

Calories: 131kcal, Protein: 10g, Carbs: 10.9g, Fat: 5.1g

PROTEIN CRUNCHIE

GF Oats, Quinoa, Peanut Butter, Salt, Vanilla Paste, Honey, Cinnamon, Chia Seeds, Linseeds, Walnuts, Coconut, Pomegranate Molasses, Dates

Allergens: Nuts

Calories: 231kcal, Protein: 6.6g, Carbs: 18g, Fibre: 4.3g, Sodium: 128mg, Fat: 14.2g



NUTRITIONAL VALUES

SNACKS

VEGAN HAZELNUT BAR

GF Oats, Coconut, Maple Syrup, Coconut Oil, Almond Milk, Dates, Peanut Butter, Tahini, Vanilla, Hazelnuts

Allergens: Dairy, Nuts

Calories: 260kcal, Protein: 3.5g, Carbs: 15.6g, Fibre: 3.6g, Sodium: 76mg, Fat: 19.8g

NAUGHTY CHOCOLATE BROWNIE

Butter, 70% Dark Chocolate, Eggs, Sugar, Wheat Flour, Vanilla, Espresso, Hazelnuts

Allergens: Gluten, Dairy, Nuts

Calories: 584kcal, Protein: 7.7g, Carbs: 60.2g, Fibre: 3.2g, Sodium: 317mg, Fat: 34.1g

BILTONG 80G

Calories: 280kcal, Protein: 45g, Carbs: 1g, Sodium: 900mg, Fat: 10g

DROEWORS 80G

Calories: 480kcal, Protein: 30g, Carbs: 2g, Sodium: 1000mg, Fat: 40g

DATE BALL

Dates, Sugar, Biscuits, Coconut

Calories: 85kcal, Protein: 0.5g, Carbs: 16g, Sodium: 30mg, Fat: 5g

FUDGE

Sugar, Butter, Cocoa, Biscuits

Calories: 145kcal, Protein: 2g, Carbs: 20g, Sodium: 30mg, Fat: 4g

GIANT COOKIE

Please see label